

Detox to Boost Your Immune System

In the wake of outbreaks of the H1N1 and SARS viruses in recent years, now is the time for us to reflect on what we can do to boost our immunity system to make us less susceptible to the plethora of epidemics that are plaguing us these days.

There are many ways that one can boost their immunity system, such as a daily dose of vitamin C or regular exercise, but one of the best ways is to cleanse your body. Though our body is designed to cleanse itself automatically, it is unable to keep up with the amount of toxins that go into our body each day. Due to the effects of modernisation our environment has become increasingly polluted with toxins and harmful substances. The air we breathe is polluted with emissions from cars, factories and cigarette smoke; the food we ingest is becoming more processed, containing additives and chemicals; and household and personal care products more often than not contain toxic chemicals.

The colon is like the natural sewerage system of your body and if these toxins in the colon build up over time, they putrefy, ferment and are absorbed through the porous walls into your bloodstream. These toxins can overload the organs of the body, causing a gradual weakening of our immune system and leading to sickness, disease and accelerated aging. Symptoms such as weight gain, lack of energy, constipation/diarrhoea, protruding abdomen, fatigue,



One thing we can do to help rid our body of these damaging substances and improve our immunity system is to undergo regular detoxification cleansing monthly, quarterly or yearly. This refers to the cleansing of the bowels, kidneys, lungs, liver and blood since these are the organs involved in the expulsion of chemicals and toxins from the body. There are many ways to detoxify the body such as doing a juice fast, "Master Cleanse", self-administered enema, or even simply sweating it out in a steam or sauna room. However, one of the most effective methods of detoxifying consists of a combination of fasting or a raw-food diet with colon hydrotherapy and yoga done under the guidance of professional experts.

Key to this combination is colon hydrotherapy, which is a simple yet powerful therapy in which water is used to flush the colon to remove built up toxins and intestinal "plague", facilitating a healthier colon and digestive system. Yoga is also another important means of detoxifying the body as key to yoga is breathing and one of the best ways to detoxify the body is to breathe to introduce more oxygen into the body. In addition to the breathing techniques, yoga

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Boosting your immunity system is not the only beneficial effect of a detox session. During detox, weight loss is usually experienced, skin gets clearer and more radiant, blood and cardiovascular circulation improves, and energy levels and metabolic rates start to rise. Undergoing detox also helps to alleviate bloating, gas and flatulence. Most of all, you feel a renewed sense of wellbeing after you complete detox.

First time detoxers may initially find it difficult, especially those on a fasting program and are food aficionados. Some people may undergo what is called a "healing crisis" in the first few days of detox as the body works to eliminate the waste products through all the channels of elimination. Symptoms such as headaches, rashes, nausea, extreme fatigue, diarrhea and body aches usually disappear within a day or two and do not last the entire period of a detox programme.

Depending on your schedule you can choose to do something simple such as a one week juice fast, go to a hot yoga class regularly or sweat it out in a steam or sauna room, but the best gift you can give yourself to help give your immunity system a boost is to partake in a comprehensive detox programme consisting of colon hydrotherapy, fasting or modified diets, detox shakes and nutritional supplements, yoga and massages. Allowing yourself five to seven days a year where you can heal your body and spirit will go a long way in helping you combat the likes of H1N1. ■

ABSOLUTE SANCTUARY is one such place that offers Detox programs with the unique combination mentioned above. ABSOLUTE SANCTUARY, Thailand's Premier Detox & Yoga Resort, is a Moroccan inspired boutique wellness resort that specialises in Detox, Spa & Yoga Holiday programs on Koh Samui, Thailand. Further information on ABSOLUTE SANCTUARY can be found on www.absolute-sanctuary.com, or send an email to info@absolute-sanctuary.com.